

Boiled Yellow Squash

Boiled yellow squash can be made with fresh from the garden squash, or frozen squash. It can be simple with butter, or mixed with a combination of ham, bacon bits, and zucchini. In general, yellow squash does not need to have the skin peeled off in order to slice, or dice, and boil it. Be careful not to add too much water as boiled yellow squash will fall apart. Once frozen, the ice cubes add even more water to the pan. Boiled together with zucchini, there is a satisfying mix of flavors and textures. Wash well before slicing and cooking.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Ham
- Pepper
- Squash
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Ham
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 2 quart sauce pan

Ingredients:**Meat:****Optional:**

- 1/4 cup of bacon bits, or
- 1/4 cup of diced ham

Vegetables:

- 15 ounces of yellow squash (diced or sliced)

Other ingredients:

- 1 tablespoon of butter
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and slice or dice 1 fresh yellow squash.
2. Dice optional 1/4 cup of ham.
3. Add to a 2 quart sauce pan:
 - 1 tablespoon of butter
 - Dash of salt
 - Spices, such as pepper, to taste
 - 15 ounces of yellow squash (diced or sliced)
 - Enough water to cover broccoli
- Optional:**
 - 1/4 cup of bacon bits, or
 - 1/4 cup of diced ham
4. Cook over medium heat.
5. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.